



Papaya



Watermelon



Pineapple



Bilberry



Pomergranate



Mulberry



Cranberry



Red currant



Apple



Lemon



Figs



Black currant



Guava



Chokeberry
(or elderberry)



Seeded
grapes



Grape seed
extract / oil



Soursop



Coconut



Sesame
seeds



Linseed oil



Black seed oil



Flaxseed (oil)



Wheatgerm oil



Rice bran



Wheat bran



Sunflower
seeds



Pumpkin
seeds



Peanuts



Hazelnuts



Brazil nuts



Almonds



Walnuts



Pistachios



Bitter apricot
kernels or
bitter almonds



Mustard
seeds



Raw cocoa



Curry powder



Tumeric



Black pepper



Sun-dried tomato
or tomato powder



Tomato



Avocado



Carrots



Peppers



Beetroot



Arugula
(rocket salad)



Parsley



Kale



Spinach



Lettuce



Pak Choy



Watercress



Swiss chard



Seaweed / nori



Broccoli
sprouts



Asparagus



Drumstick tree
(moringa)



Olives



Capers



Cod liver oil



Salmon



Cod



Tuna



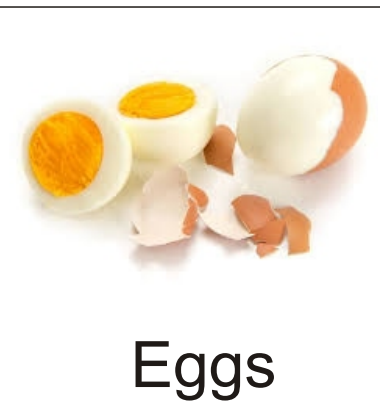
Prawns



Beef liver
or pate



Chicken liver
or pate



Eggs



Sauerkraut



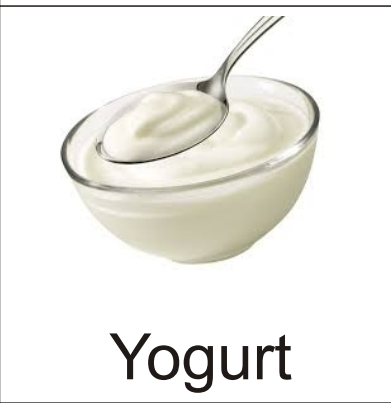
Salt pickles



Natto



Brewer's yeast



Yogurt



Kefir



Ginger



Garlic



Shitake
mushroom

